

## 100% Whole Grain Choices

Choose 1 of the following 4 choices

### 100% Whole Wheat Bread

16 ounce packages of 100% Whole Wheat Breads  
Label must say "100% Whole Wheat"

#### BUY THESE ONLY

Giant Stone Ground 100% Whole Wheat  
Hauswald's 100% Whole Wheat  
Pepperidge Farm Stone Ground 100% Whole Wheat  
Shopper's Food Warehouse 100% Whole Wheat  
Sara Lee Classic 100% Whole Wheat  
Schmidt's Old Tyme 100% Whole Wheat

- ✗ no light (lite), very thin or low calorie bread
- ✗ no sugar-free bread
- ✗ no whole grain or multigrain bread
- ✗ no cinnamon, nuts, raisins or fruit
- ✗ no double fiber
- ✗ no organic

### Whole Oats

16 ounce packages of Whole Oats - Dry, Plain  
Old-Fashioned, Quick, Instant, Tube or Box

#### BUY THESE ONLY

Mom's Best Naturals Quick Whole Oats  
Mother's Rolled Whole Oats

- ✗ no individual packets (individual packets may be purchased as cereal)
- ✗ no organic

### Brown Rice

16 ounce packages of Brown Rice - Dry, Plain  
Bag or Box, Regular, Quick-cooking or Instant

#### BUY THESE ONLY

Safeway Vons Brown Rice  
Riceland Natural Whole Grain Brown Rice  
Uncle Ben's Natural Whole Grain Brown Rice

- ✗ no boil-in-bag or precooked in pouch
- ✗ no wild rice
- ✗ no added seasonings, flavor, sauce, sugar, vegetables, fat, oil or salt
- ✗ no brown rice mixed with white or wild rice or any other type of rice
- ✗ no organic

### Tortillas

16 ounce packages of Yellow Corn, White Corn or  
Whole Wheat Tortillas

#### BUY THESE ONLY

Don Pancho Whole Wheat Tortillas  
Don Pancho White Corn Tortillas  
La Burrita Corn Tortillas  
La Banderita Corn Tortillas  
La Banderita Whole Wheat Fajita Tortillas  
Chi Chi's (Manny's) Whole Wheat Fajita Tortillas  
Happy Whole Grain Corn Tortillas  
Happy Whole Wheat Tortillas

- ✗ no flavored tortillas (lime, sun-dried tomato)
- ✗ no white flour tortillas
- ✗ no fried tortillas, tortilla chips, tostadas, "hard shell" tortilla or taco shells
- ✗ no organic

### Beans, Peas and Lentils

Choose Dry Beans, Canned Beans  
Or Peanut Butter

#### Beans

**Dried: 16 oz packages**

**Canned: 15, or 15.5 or 16 ounce cans**

**Beans such as kidney, pinto, black and garbanzo**

Any brand and type  
Plain or reduced sodium allowed

- ✗ no soups, soup mixes or with flavor packets
- ✗ no added sauce, meat, fat or oil
- ✗ no baked beans or refried beans
- ✗ no organic

**Buy green beans and sweet peas with your  
vegetable and fruit check**

#### Peanut Butter - 18 oz

Any brand  
May be creamy, crunchy or chunky  
May be low-fat, reduced fat or sodium

- ✗ not mixed with jams, jelly, honey, marshmallows, chocolate or Omega-3
- ✗ no organic

**Milk** - gallons, half gallons, quarts as listed on check

#### Children 1 - 2 years old:

Whole cow's milk  
Whole lactose-free/Lactaid or evaporated milk  
when listed on check

#### Women and children 2 years and older:

Fat-free (skim), low-fat (1%) or reduced-fat (2%)  
cow's milk or buttermilk  
Fat-free (skim), low-fat (1%) or reduced-fat (2%)  
lactose-free/Lactaid, powdered, or evaporated  
milk when listed on check

- ✗ no rice milk, goat milk, sweetened condensed milk, flavored milk or raw milk
- ✗ no organic

**Soy Milk** - half gallons or quarts as listed on check

#### BUY THESE ONLY

Refrigerated **Half-Gallons**  
8th Continent Original

Shelf-stable **Quarts**  
Original Happy Soy Organic

Pacific Natural Foods Ultra (organic)

- ✗ no light or fat-free soy milk
- ✗ no flavored soy milk

**Tofu** - 14 or 16 oz package or two 8 oz packages

#### BUY THESE ONLY

##### Refrigerated or shelf-stable

Nasoya: Organic Silken, Lite Silken, Organic Soft, Lite Firm, Organic Firm, Super Firm Cubed

Azumaya: Extra Firm, Firm, Silken

Nature's Promise  
(Giant Brand): Organic Tofu Firm,  
Organic Tofu Extra Firm

- ✗ No tofu with added fat, sugar, oil or salt

**Eggs** - Packages of one dozen only

Any brand of white, medium or large chicken eggs

- ✗ no brown eggs, powdered or liquid eggs
- ✗ no specialty eggs such as Naturally Nested, Eggland's Best, reduced cholesterol, cage free / free range or Omega 3
- ✗ no organic

**Cheese** - 8 or 16 ounce blocks or slices only

American, Cheddar, Colby, Monterey Jack,  
Mozzarella, Muenster, Provolone or Swiss

- ✗ no package other than 8 or 16 ounces
- ✗ no shredded, crumbled or cubed
- ✗ cheese with flavors, nuts, peppers or crackers
- ✗ no cheese from the deli, string or **individually wrapped slices**
- ✗ no cream cheese, cheese spreads or processed cheese products such as Velveeta
- ✗ no organic or imported (cheese made outside the USA)

### Fully Breastfeeding Women

**Canned fish for breastfeeding women who don't get baby formula from WIC. All canned fish may be packed in water or oil. May be reduced sodium.**

**Canned Tuna** - 5 oz or 6 oz size only, chunk light  
tuna only

- ✗ no chunk white or solid white (Albacore), yellowfin or tongol tuna
- ✗ no pouches, easy peel sensations, lunch to go, tuna creations, individual containers with crackers, bowls or kits
- ✗ no flavored or seasoned tuna
- ✗ no fillets

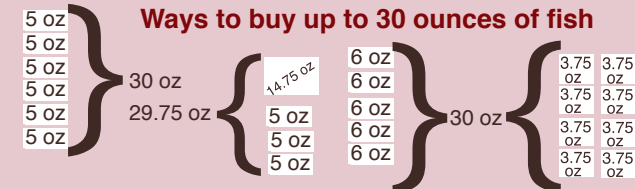
**Canned Sardines** - 3.75 oz size only, may buy sardines  
with sauces and flavorings

- ✗ no kippered snacks or fish steaks

**Canned Salmon** - 14.75 oz size only, pink salmon only

- ✗ no red, sockeye or blue back salmon
- ✗ no pouches, easy peel sensations, lunch to go, salmon creations, individual containers with crackers, bowls or kits
- ✗ no flavored, seasoned or smoked salmon
- ✗ no fillets

#### Ways to buy up to 30 ounces of fish



"Babies are meant to be breastfed"

### Baby Cereal

Buy Gerber 8 oz only

Buy Rice, Oatmeal or Mixed Grain Cereal



- ✗ no cereal with DHA, fruit or formula
- ✗ no jars or cans
- ✗ no organic

### Baby Food Vegetables & Fruits

Buy brand and size listed on check

Buy plain vegetables and fruits

Buy combinations of vegetables or fruits (example: peas  
and carrots or apples and pears)

- ✗ no multi-packs
- ✗ no added sugars, starches or salt
- ✗ no added meat, rice, yogurt, pasta or cereal
- ✗ no dinners, desserts, soup, stew or mixtures
- ✗ no DHA
- ✗ no organic

### Baby Food Meat

Baby food meat for fully breastfeeding babies who  
don't get baby formula from WIC

Buy brand and size listed on check

Buy plain chicken, turkey, beef, lamb, veal or ham

- ✗ no multi-packs
- ✗ no added vegetables, fruit, rice, cereal or pasta
- ✗ no dinners, meat sticks, stew or soup
- ✗ no DHA
- ✗ no organic

### Infant Formula

Buy the size and type of formula written on your check.  
For special formulas, get a prescription from the doctor.



Similac Advance  
EarlyShield



Similac Sensitive Advance



Similac Isomil  
Advance



## 100% Juice

For women and children 1 year old and over  
(infants don't need juice)

64 ounce Bottles

48 ounce bottles

(may substitute 46 oz Bottles or Cans)

100% Juice, Unsweetened  
Size Shown On Check

Cans or Bottles, Brands and Types Shown Below  
Any Pulp Content, With or Without Added Calcium

- X no refrigerated cartons
- X no fresh-squeezed
- X no fruit cocktails, punch, ades, drinks, nectars, pouches, beverages, Hi-C, twistars, cider or coolers
- X no organic

Buy any brand of 100% Orange, Pineapple or Grapefruit Juice



Buy the Brands and Flavors Listed:



Dole  
Pineapple



V-8 100% Vegetable Juice  
Regular  
Low Sodium  
Calcium Enriched



Campbell's  
Tomato Juice  
Regular  
Low Sodium



Juicy  
Juice  
Apple



Seneca  
Apple  
Grape



Old Orchard  
Apple  
Grape  
White Grape



Welch's  
Grape  
White Grape



Lucky  
Leaf  
Apple



Apple &  
Eve  
Apple



Langers  
Apple  
Red Grape  
White Grape  
Grape



Musselman's  
Apple

## Concentrated Juice

11.5 or 12 ounces Frozen or Shelf Stable  
Concentrate (Makes 48 oz)

Buy any brand of 100% Orange, Pineapple or Grapefruit Juice



orange



grapefruit



pineapple

Buy The Brands and Flavors Listed:



Welchs  
(yellow pull tab)  
White Grape  
Grape



Old Orchard  
(green pull tab)  
Apple  
Grape  
White Grape



Tree Top  
Apple



Langers  
Apple  
Grape



Seneca  
Apple  
Grape

## Shelf Stable Brands



Welch's  
Grape  
White Grape  
Apple



Juicy Juice  
Apple

16 ounces of Frozen Juice (Makes 64 oz)



Tree Top  
Apple



Seneca  
Apple

## Cereal

BUY THESE ONLY

Buy bags or boxes, you may combine different cereals



Corn  
Chex



Rice  
Chex



Multigrain  
Chex



Rice  
Krispies



Special K



Crispix



Kix



Corn  
Flakes



Product 19



Cinnamon



Almonds



Honey  
Roasted

Honey Bunches of Oats



Regular  
Honey Oat



w/ almonds  
Honey Oat

Blenders



Crispy Rice



Original  
Quaker  
Instant  
Grits



Instant, 1,  
2 1/2, or 10 min.  
Cream of  
Wheat

## Whole Grain Cereal



Cheerios



Multigrain  
Cheerios



Total  
Whole  
Grain



Wheat  
Chex



Wheaties



Honey  
Bunches  
of Oats  
Vanilla  
Bunches



All-Bran  
Complete  
Wheat  
Flakes



Life



Unfrosted  
Mini  
Wheats



Banana  
Nut  
Crunch



Honey  
Kix



Grape  
Nuts



Grape  
Nuts  
Flakes



Cinnamon  
Oatmeal Squares



Brown Sugar



Shredded  
Wheat  
Vanilla  
Almond



Original  
Flavor  
Quaker  
Instant  
Oatmeal



Whole Grain  
Cream of Wheat

Ways to buy up to 36 ounces of cereal



12 oz + 24 oz = 36 ounces  
15 oz + 21 oz = 36 ounces  
16 oz + 18 oz = 34 ounces

DC WIC  
Authorized Foods List

Taste  
the new  
WIC  
Flavor

